VANCOUVER metro®

NEWS WORTH SHARING.

Devastation in Lac-Mégantic

Officials struggle to deal with the aftermath of Saturday's disaster in Quebec as families anxiously await news of missing loved ones PAGE 5

Where's the mayor?

Langley opts to go without a chief magistrate until the fall election of 2014, a decision some decry as an affront to democracy PAGE 3

MOTHER MOTHER, TOIL AND TROUBLE

THE VANCOUVER INDIE BAND FINDS INSPIRATION IN THE BLEAKNESS OF THE HUMAN CONDITION. BUT HEY — IT'S NOT ALL A DOWNER PAGE 9

Mayor Gregor Robertson, left, and SOLEfood co-founder Michael Abelman plant a lemon tree at Main and Terminal on Sunday to mark the opening of North America's largest urban orchard. CARA MCKENNA/FOR METRO

Urban orchard set to sprout in Vancouver

Largest in North America. Farm will grow specialty crops on lot near DTES

CARA MCKENNA
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Mayor Gregor Robertson got his hands dirty on Sunday to open the biggest urban orchard on the continent.

Situated on the site of a former gas station at the corner of Main and Terminal, the orchard is run by SOLEfood Street Farms, an urban farming company that operates three other urban farms in Vancouver.

Robertson and SOLEfood co-founder Michael Abelman planted a lemon tree together to launch the farm, which will sell to local businesses and employ residents of the Downtown Eastside.

The lot consists of 800 portable containers that hold roughly 400 specialty fruit trees, which are currently saplings, as well as some 60 culinary herbs. Fruit won't be ready for commercial production for three to five years, but herbs will be ready for sale in the coming months.

Robertson said the city-owned plot is being leased to SOLEfood for next to nothing because the land is unusable for typical purposes.

"This specific piece of land with an urban orchard is a breakthrough," he said. "Vancouver is happy to be leading on urban farming and setting an example for other cities."

Abelman said he doesn't want to compete with large, open-field production orchards, which is why he chose to focus on specialty crops such as figs and persimmons.

"A perennial tree crop system for an urban environment is, in many ways, more sensible than vegetable production," he said. "It takes advantage of vertical space, because these trees at their peak will be 15, 20, 25 feet high."

Abelman added that, while he hopes to turn a profit with his urban farms, helping the community by employing those struggling with drug addiction, mental illness and poverty is also important.

"If you took the social values and what we've achieved and added that to our bottom line, we would have an extremely successful organization," he said.

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Langley opts to go mayor-less

Money saving or job saving? City won't have mayor until Nov. 2014

MATT KIELTYKA
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The city of Langley has joined a growing list of municipalities that are forgoing byelections in the wake of elected officials making the switch to the legislature.

Former mayor Peter Fassbender — now a Liberal MLA for Surrey-Fleetwood and education minister — officially served his last day in charge of Langley Friday.

He's the last elected mayor the city will see until the municipal elections in November 2014, after council decided to forego a mayoral byelection.

"The right decision was made," said Coun. Gayle Martin, the current deputy mayor. "It saves probably about $100,000. More importantly, it saves upheaval among staff. Things have been running smoothly and staff are much better off."

When council reconvenes Monday, one of the first items on the agenda will be establishing a procedural bylaw to appoint an acting mayor, or establish a schedule for rotating the mayor's seat.

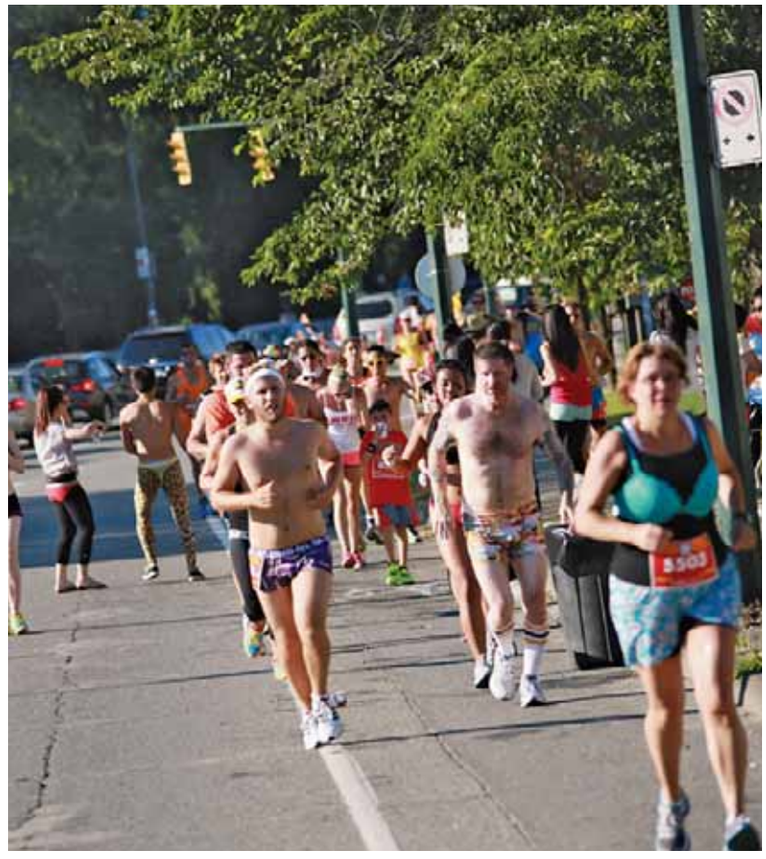
"The mayor is just one part of council. All of us know what we're doing," said Martin. "The city will not go to hell in a handbasket because there is not a mayor sitting in the chair."

Cities like Surrey and Pitt Meadows have also decided against holding byelections to replace representatives 17 months before the scheduled municipal elections.

It's one money-saving measure the Canadian Taxpayers Federation (CTF) does not approve of.

"It's a terrible decision," said CTF B.C. director Jordan Bateman. "Democracy is never a waste of money. Councils don't think twice about spending $100,000 on wasteful projects. It's a political decision by people who don't want to lose power."

He says Langley's decision robs the city of an elected leader for half a typical three-year term.



That dream where you forgot to put on clothes before leaving the house ...

Runners take part in the eighth annual Underwear Affair run in Vancouver on Saturday. More than 1,000 people dressed in their skivvies and took part in the race, raising $625,000 for the B.C. Cancer Foundation. The run aims to raise awareness and funds for cancers that occur below the waist.

RON SOMBILON/THE UNDERWEAR AFFAIR

1 NEWS

Salt Spring

Police search for stabbing suspect

Salt Spring Island police are scouring the idyllic Gulf Island for a man they say stabbed two women Saturday night.

Mounties were called to a residence on Howell Lane around 6 p.m., when they found two women bleeding from multiple stab wounds. They were taken to hospital, treated for non-life-threatening injuries, and released.

The suspect, a 24-year-old Salt Spring Island man, is known to his alleged victims, police say. He was last seen leaving the scene of the alleged crime, possibly with wounds of his own.

He is described as a Caucasian male, five-foot-seven with a slim build and black hair. He was last seen wearing red shorts and a blue, sleeveless top with grey trim. ELIZABETH HAMES/METRO

Metro Vancouver

Hiker rescued by chopper after being stranded atop a cliff

A hiker is being treated for minor injuries after being rescued from the top of a cliff at a Metro Vancouver mountain.

Michael Coyle from Coquitlam Search and Rescue says crews had spent Saturday night searching for the 25-year-old man after RCMP reported him missing.

The hiker wore only a shirt, shorts and runners, and took no equipment with him when he headed up a trail toward a lake on Burke Mountain in Coquitlam, east of Vancouver.

Coyle says searchers finally spotted the hiker in a gully and perched on a cliff on Sunday morning, and two rescuers were dropped down from a helicopter to get him.

Coyle says the area is known to be treacherous because the downhill slope tends to take hikers into the gully, where people have been found dead before.

The rescued 25-year-old, who grew up in Vancouver but goes to school in South Africa, was found dehydrated and with a cut on his arm. THE CANADIAN PRESS

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Broken families left waiting as crews sift through charred ruins

Lac-Mégantic train disaster. Police say it's inevitable more missing will be declared dead

The downtown core of Lac-Mégantic, Que., lays in ruins as firefighters continue to douse smouldering rubble on Sunday. RYAN REMIORZ/THE CANADIAN PRESS

About 40 people were still missing Sunday evening after the spectacular blaze and explosions that razed much of Lac-Mégantic, Que., increasing the likelihood that the number of fatalities could soar from the official death toll of five.

"We have to be careful with that number because it could go up or down," said provincial police Lt. Michel Brunet.

It was the first time police went public with an estimate since the derailment of a train carrying crude oil Saturday morning. Police said a higher death toll is inevitable.

About 30 buildings were destroyed after tanker cars caught fire shortly after 1 a.m.

Two of the train cars were still burning on Sunday morning, hampering the search for victims in the debris.

Prime Minister Stephen Harper visited the town of 6,000 — about 250 kilometres east of Montreal — on Sunday and likened it to a "war zone."

Throughout the day, people streamed in and out of the town's evacuee shelter. Some who gathered outside wiped tears as they braced for bad news about their loved ones.

Henri-Paul Audette headed there in hope of reuniting with his missing brother. Audette, 69, said his brother's apartment was next to the railroad tracks, very close to the spot where the train derailed.

"I had thought ... that I would see him."

David Vachon said he has one friend whose sister is missing and another who is still searching for his mother.

The cause of the accident is a runaway train, according to the railway's operator.

The president and CEO of Rail World Inc. said the train was parked uphill of Lac-Mégantic before it became loose and began careening downhill.

THE CANADIAN PRESS

28,000 per cent boost

Rail profits off pipe fears

An eye-popping 28,000 per cent increase in the amount of oil shipped by rail over the past five years is now coming under scrutiny.

Canada's railways have painted themselves as a strong alternative to politically unpopular pipelines. The Canadian Railway Association estimates as many as 140,000 carloads of crude oil are expected this year, up from only 500 in 2009.

A rash of recent accidents prompted the association's president to post a recent online message, asserting that railways deliver dangerous goods "99.9977 per cent" of the time without incident.

The Quebec disaster is the fourth freight-train accident under investigation involving crude-oil since the beginning of the year, according to the federal Transportation Safety Board.

THE CANADIAN PRESS

Coup far from complete

Supporters of Egypt's ousted President Mohammed Morsi protest near Cairo University on Sunday. Feuding erupted within Egypt's new leadership as secular and liberal factions wrangled with ultraconservative Islamists who rejected their choice for prime minister, stalling the formation of a new government. NASSER SHIYOUKHI/THE ASSOCIATED PRESS

Anchorage, Alaska

Air taxi crashes, killing all 10 people on board

An air taxi crashed at an airport in Alaska on Sunday morning, killing all 10 people on board, according to U.S. authorities.

Meagan Peters of the Alaska State Troopers said the fixed-wing aircraft was engulfed in flames at the Soldotna Airport before firefighters could get there. The victims had not been identified by Sunday night.

National Transportation Safety Board investigator Clint Johnson said initial reports had the accident happening as the plane took off.

Flying across the vast northern state is common for Alaska residents, despite hazards including treacherous mountain passes and volatile weather. THE ASSOCIATED PRESS

Teen victims of plane crash remembered as great students, artists

The two Chinese teenagers who died in an Asiana Airlines plane crash in San Francisco were student leaders who excelled in their studies and in the arts — one was a calligrapher and the other a pianist.

Wang Linjia, 16, and Ye Mengyuan, 17, were students in eastern China who were travelling on a summer camp program to visit universities in California, state media reported Monday.

The group included 29 students and four teachers from four schools in the city of Jiangshan. They were to visit Silicon Valley, Stanford University and the University of California's campuses in Los Angeles and Berkeley, according to the Youth Times, an official newspaper in Zhejiang province.

Asiana Airlines Flight 214 just after crashing at the San Francisco International Airport on Saturday. DAWN SIADATAN/THE ASSOCIATED PRESS

Wang was class representative for three years, according to the paper. Her next-door neighbour, a woman surnamed Xia, called her "very keen."

"Every time she came home she would be studying; very rarely did she go out and play," Xia was quoted as saying. She said Wang's father proudly displayed her calligraphy and art pieces on the walls of his office.

The other victim, Ye, also was a top student who excelled in literature and was talented with the piano, singing and gymnastics. The Youth Times said Ye had recently won a national gymnastics competition and routinely received honours at her school's speech contests.

A U.S. county coroner said Sunday that his office is conducting an autopsy to determine whether one of the two girls was run over by an emergency vehicle, hastening or even causing her death.

THE ASSOCIATED PRESS

Temporary jobs become permanent fixture in U.S.

Employment. Number of temps south of border jumped more than 50% since recession ended

Clairessa Mills looks over the main desk for help at the Labor Ready temporary employment agency in Warren, Ohio, in this March 2009 file photo. The number of temps in the U.S. has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million. THE ASSOCIATED PRESS

Hiring is exploding in the one corner of the U.S. economy where few want to be hired: Temporary work.

From Walmart to General Motors to PepsiCo, companies are increasingly turning to temps and to a much larger universe of freelancers, contract workers and consultants.

Combined, these workers number nearly 17 million people who have only tenuous ties to the companies that pay them — about 12 per cent of everyone with a job.

Hiring is always healthy for an economy. Yet the rise in temp and contract work shows that many employers aren't willing to hire for the long run.

The number of temps has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million — the most on government records dating to 1990. In no other sector has hiring come close.

Driving the trend are lingering uncertainty about the economy and employers' desire for more flexibility in matching their payrolls to their revenue. Some employers have also sought to sidestep the new health-care law's rule that they provide medical coverage for permanent workers. Last week, though, the Obama administration delayed that provision of the law for a year. THE ASSOCIATED PRESS

U.K. currency. Women will get the note, Carney says

Mark Carney
THE ASSOCIATED PRESS

Former Bank of Canada governor Mark Carney is working to put images of women on Britain's new bank notes, years after removing images of women from Canada's own currency.

In his first week as new governor of the Bank of England, Carney acceded to protests that designers of Britain's new five-pound note plan to replace an image of Elizabeth Fry with one of Sir Winston Churchill.

The proposed move would leave no women on any British bank-note denominations, apart from the Queen, which Carney said "is not the Bank's intention," promising an announcement by the end of the month.

The British protest against the removal of female images on the currency parallels a similar protest in Canada, when Carney, as Canada's central bank governor, announced in 2011 that an icebreaker would displace the images of five famous women on a new series of $50 polymer notes. THE CANADIAN PRESS

Free trade deal

Canada gets bigger auto quota in EU talks

Canada has opened the door to increase car sales in Europe by eight-fold to 100,000 units under a proposed new trade deal, The Canadian Press has learned. That potential win for the Canadian auto sector is one of several new elements highlighted in a leaked document that reveals several never-before-reported elements of the Harper government's continuing negotiations with the EU.
THE CANADIAN PRESS

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DON'T THINK TWICE, IT'S ALL RIGHT

URBAN COMPASS

Paul Sullivan
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Let's say you're out shopping at some big box emporium on a hot day. You walk by a car in the parking lot, you look in and notice there's a kid in a child seat.

It's hard to tell if it's a boy or a girl, but that hardly matters, because the little tyke is not moving — his or her head has fallen to the side.

A wild herd of thoughts trample your mind:

Where are the kid's parents?

Is the kid sleeping or has he or she lost consciousness?

The door is locked. What do I do? Do I smash in a window to rescue the kid or go find security and have the parents paged?

"To the owner of the white Escalade, licence number DUH 000, you left your precious infant in the car and it is 45 degrees in there, you idiot. Please return to your car and save your baby's life!"

After two children died in recent weeks, Vancouver police now say it's OK to smash a window to save a child's life, but that's not so easy to do when you're standing out in a parking lot, alone and afraid of the consequences.

It's not every day we're asked to behave like heroes and frankly, we're trained not to take the initiative; we are trained to defer to authority. But when authority is not around, it's time to act as if you're the law.

I would hope that common sense takes over, and I would be able to put aside all thoughts of screaming car alarms, lawsuits and doing more harm than good, and just smash the window and get the child out of the hot box.

Of course, I'm not sure what I'd do with a comatose kid, but let's cross that bridge, etc.

You have to wonder why or how these little tragedies happen.

Would you do the right thing?

After two children died in recent weeks, Vancouver police now say it's OK to smash a window to save a child's life.

How parents could forget about their children, even for a minute, never mind leaving him or her in a hot car on a hot day in July. You wouldn't think to put your baby in the oven, but that's essentially what you're doing.

But it happens. We're so addicted to a potentially lethal combination of convenience and multi-tasking, we engage in insanely risky behaviour every day. Done any high-speed texting lately? How is that morally superior to leaving your child in a hot car, especially because the potential consequences could be even more horrifying? Memo to self: Just do it. Now. Every second counts. Where's the nearest rock?

ZOOM

March of the flamingos

MARTIN HARVEY/PHOTOSHOT/SOLENT

It's a parade of pink

Millions of Lesser Flamingos group together in search of food in Lake Bogoria in Kenya. So thick and regimented are the lines of birds that they turn the shoreline vibrant pink. Wildlife photographer Martin Harvey was lucky enough to witness this spectacular phenomenon. METRO

One of the greats

"To witness a concentration of birds like this is, without a doubt, one of the greatest ornithological experiences in the world."

Martin Harvey, wildlife photographer

Why this stinky lake?

For many animals, Lake Bogoria would be the last place to gather: the volcanic geysers and fumaroles that belch sulphurous effluent into the lake make it so alkaline that it's extremely difficult to support any aquatic life. But for flamingos, the lake is an eating paradise: It's extremely rich in blue-green algae, which the birds thrive upon. METRO

Fun flamingo facts:

- **What makes them pink.** The pigment beta-carotene in their diet from algae and shrimp give them their famous colour.
- **How they find a mate.** Courtship rituals include neck stretching, synchronized dancing and honking.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Overwhelmed with a crushing sense of anxiety and ennui? It's likely because you have an entire month before Breaking Bad comes back. Stave off the void with these documentaries streaming now on Netflix.

Camp 14:

Total Control Zone:

The North Korean regime is easy to mock and malign, but the stories of Shin Dong-hyuk — who has spent most of his young life living in a labour camp — and two former guards reaffirms that behind all the goofy photo-ops and cartoonish "Juche Idea" myth-making is a world of widespread human suffering.

The Man Nobody Knew:

William Colby spent his life as a Cold War-era CIA operative before rising to the top of the agency, a post he held from 1973 to 1976. Unsurprisingly, such a life doesn't leave much time to be a family man, so it's up to his son Carl to learn about the man his father was through interviews with his colleagues and historians.

How To Die In Oregon:

Oregon is one of the few places in North America that allows assisted suicide, and this award-winning documentary introduces you to a group of terminally ill men and women who have made the decision, and the state employee whose unenviable job it is to guide them through it. You'll know within the first few minutes if you can handle the raw emotion of it all. Stick it out if you can for a stark and empathetic look at a hot-button topic.

Letters

RE: Stalled Bill to Bar Teens from Tanning Salons Heightens Cancer Risk, published July 2 online

As a melanoma survivor living in B.C. where children and youth under the age of 18 are now banned from indoor tanning, I was most dismayed to learn that the Ontario Conservative party has not supported efforts to pass similar legislation. The prevalence of adolescent melanoma has been rising at approximately two per cent per year since the 1970s and yet doctors tell us this is a largely preventable disease. The Canadian Cancer Society reports that between 2006 and 2012 tanning equipment use more than doubled among Ontario students in Grades 11 and 12. A taxpayer funded study has estimated the total economic burden of skin cancer in Canada will rise to $922 million by 2031. It is important to note that skin cancer does not discriminate; it affects all skin colours and does not care what political ideology we may or may not support. It's time our politicians realized this and acted accordingly.

Linda Jeaurond, Victoria B.C.

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Mother Mother mine bright ideas from some dark places

Balancing act.
Vancouver indie act treads a delicate line, mixing weight and whimsy in their music

ALEXANDRA CAVALLO
Metro World News in New York

Mother Mother explores the human condition in their music. HANDOUT

If the only Mother Mother song you've ever heard is their chipper — and catchy as hell — single Bright Idea (featured in a series of Kraft Cheese commercials) you might get the idea that they're a sugar-poppy, radio-friendly outfit. You'd be mistaken.

In fact, the Vancouver quintet's music (loosely described here as indie-rock, though their eclectic, eccentric sound defies such generalizing classification) is markedly cerebral — and decidedly dark. "I like people and the human condition," says frontman and guitarist Ryan Guldemond, of the inspiration for their songs' artfully crafted, eloquent (and oftentimes odd) lyrics.

"But not in the lovely ways, more in the sad or bleak ways. And I like kind of drawing out the comedy in those things."

It's that delicate line between light and dark, weight and whimsy, that is Mother Mother's hallmark. And it's a line they walk with practiced ease.

At first listen, the darker undertones of their music might not be immediately apparent. Indeed, admits Guldemond, "I think that a lot of people don't necessarily hear it, and they come out with this misguided idea that we're a happy band with a happy message. Because it's not totally common for people to listen too closely to lyrics these days."

Not to listen closely would be a disservice to both listener and musician, as it's the complex (and sometimes head-scratching) lyricism that makes this relatively under-the-radar band (they're big in their homeland but, "America is a tough nut to crack ... where there's not that automatic domestic embrace, you kind of have to hustle a little harder and bank on certain cosmic aspects like luck and serendipity," he says) so interesting. But Guldemond is the first to admit that while Mother Mother is prone to meandering, verbose songwriting, there is something to be said for brevity, now more than ever.

"You do have to be very immediate in today's popular music genre," he muses. "And it's almost harder to be simple and immediate with something than it is to take your time. I was talking to a new music composer recently — and this is a guy who does not listen to pop, who does not exist in this world, but he's quite a brilliant musician and composer, and very cerebral and creates these long musical journeys — and he was saying that he finds writing a three minute pop song far more difficult than writing, you know, a 20-minute-long avant garde piece for 18 musicians. I think there's a lot of truth in that. It's harder to cut to the chase than it is to be long-winded."

To cut to the chase when it comes to his chosen craft, Guldemond's philosophy is clear. "If there's anything not to take too seriously it's music," he says, when asked about writing a song (Bright Idea) specifically for commercial use. "It's a fun little challenge to write from that place, because usually it comes out how it comes out — you know, from the heart or however you want to put it. But this was more of like an expression within parameters. I don't necessarily see music as something that has to be sacred and authentic at all times. You can kind of see it as an exercise. And I think in doing that a lot of the time you strengthen your ability to channel the authenticity at a later date."

In the moment

Keeping it real — in music and in approaching their part of the world — seems to be what Guldemond and his bandmates are all about. When taking the stage, he says, he tries to remind himself to stay in the moment. "It is the one little window during the day where you can let loose a bit. I find it curious when bands on tour, when they play, they look excruciatingly bored or something. Not to say that they need to be animated — there can be a lot of passion in stillness — but that's different than just looking like you're bored or not having a good time," he says.

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The Word

Who is holding hands with other celebrities?

STARGAZING
Malene Arpe
scene@metronews.ca

This week in sweet affection: 1) Kylie Jenner and Jaden Smith hold hands in public. 2) Johnny Depp and Amber Heard hold hands in public. 3) Katy Perry and John Mayer hold hands in public. 4) Kanye West stops scowling at Kim Kardashian for at least three seconds.

• Jennifer Lopez is so very sorry about performing at the birthday party for the dictator of Turkmenistan, Gurbanguly Berdimuhamedow. She feels terrible, especially because ol' Gurbanguly is a human rights abuser, a warmonger and a despot but, most of all, because it somehow got out that she got paid to play for him.

• Rumours fly that former vampire Robert Pattinson may be dating Elvis' granddaughter Riley Keough. He likes Riley because she looks like Kristen Stewart and talks like Kristen Stewart, yet doesn't let other men grope her in public like Kristen Stewart. It's a win-win.

• Jamie-Lynn Sigler says that her baby will have a "normal name, a real name." Rainbow Aurora, North West, Breeze Beretta and Ace Knute shake their tiny, angry fists at her.

• British artist Roger Dean is suing James Cameron for $50 million, claiming that the idea for Avatar was stolen from him. Roger Dean is also suing his buddies and his mom for not convincing him to watch the movie until last month.

• Teen Mom, star alcoholic, Charlie Sheen texter, drunk driver, breast implant connoisseur and sex tape participant Farrah Abraham has checked into a rehab facility to learn to make "better choices." Well, the good news is that there aren't really any bad ones left.

• Amanda Bynes tweets, "I want a million dollars a year for illegally having my mind read and privacy stolen." "We all want that, but let us try to not get completely unreasonable," says Edward Snowden.

• Martha Stewart alluded to once having been part of a threesome. "Don't look at us," said a home-spun blanket and a delicious leg of rosemary lamb.

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Bath time

Knee saver

Save your knees when you're giving your kidlets or pets a bath with a foam gardener's kneeling pad! You can get them for under $10 at local retailers, they're usually waterproof or resistant, and they slide away for out-of-sight storage. **KAT INOKAI OF YUMMYMUMMYCLUB.CA**

Different discipline

Dance it out

You know those days when your kids are literally bouncing off the walls? We all have them.

My son, who is about to turn five, has taken to jumping off the cushions (often into the walls of our living room) on a regular basis. And some days, no matter how many times I ask, he will not sit still.

That's when I turn to Carly Rae Jepsen for help. I grab the baby, crank Call Me Maybe and we all dance. It entertains the baby and gets some of my big kid's wiggles out while at the same time preventing me from yelling or pondering duct taping him to the couch. A solid win, I'd say. **ROBIN FARR OF YUMMYMUMMYCLUB.CA**

Exclusively online

Read about the (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices

Riding the toddler roller coaster — and I don't even like rides

Temper tantrums. All kids throw them at one point or another. Here's how one mom handled her little girl's worst meltdown yet

HAILEY EISEN
YummyMummyClub.ca

A few weeks ago my incredibly brave three-year-old took my mother by the hand and pulled her toward the Dragon Roller Coaster at Centreville, the kid-friendly amusement park on Toronto's Centre Island.

My mom went with her because I refused to. I don't like roller coasters.

After the ride, my daughter looked slightly terrified, but also extremely proud of herself. My mom said that as the ride began, she looked over at Willow and noticed a look of panic on her face. "Just close your eyes and scream," my mother told her. And so the two of them did just that.

Somehow this has come to be a perfect metaphor for life with a toddler. Despite the fact that I really, really don't like roller coasters, it seems I'm riding one — on a daily basis. This past weekend was the most frightening.

Perhaps it was the heat or her beloved daycare teacher announcing she'd be leaving at the end of the week or maybe it was just because she's three.

No matter the reason, the roller coaster ride began midweek and continued through Saturday, culminating in the longest, loudest temper tantrum I've yet to experience.

What made this particular ride so terrifying was how unpredictable it was. One minute our little girl was her usual, happy self and the next, we were all running for cover.

How did I handle all of this?

As most roller coasters do, this one started out slowly. I braced myself. I tried to ignore the unreasonable protests. I tried to divert her attention. And I asked her calmly what was bothering her.

But, the louder her screams got, the harder it became to ignore. She didn't want the new wagon we had just bought her. She didn't want to take a bath. She wasn't tired. She didn't need to eat something.

I wanted the ride to stop so I tried reasoning with her. "What's really making you so upset?" "Can you please stop yelling?" "Let's go do something fun." No such luck.

The louder she got, the more panicky I felt.

Get. Me. Off. This. Ride.

Every time the roller coaster seemed to be slowing down, I'd take a deep breath. But then it would start up again. I'm pretty sure I cried. I definitely said, "I can't do this" about a hundred times. And finally, when I just couldn't take it anymore, I took my mom's advice. I closed my eyes and screamed. (Actually, my mom's advice is to read parenting books, which I bought but haven't read yet.)

Thank goodness, Sunday morning the roller coaster came to a full stop. My little girl woke up smiling and remained in a good mood all day.

But the thing with the toddler roller coaster is, you never know when it will start up again. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD**

The toddler roller coaster is one unpredictable ride. ISTOCK

Don't like the name someone picks? Too bad! ISTOCK

I'll name her Apple if I want to!

KAREN GREEN
YummyMummyClub.ca

When I was pregnant with my first child (gender unknown), we told my mother that if it was a girl, we were going to name her India. To my husband and me, India was a beautiful, lyrical name steeped in both ancient roots and possibility. But to my mother, it was a travesty.

India? Who comes up with a name like India? We do, we told her, and instantly wished we hadn't said a word.

Turns out, our little girl was not an India. She's Mischa, I told my husband. He agreed. Even my mother was happy with our choice.

It's so easy to judge parents, but to me, the lowest you can go is to make fun of a child's name. Celebrities provide the easiest fodder, what with their creatively-named progeny (Pilot Inspektor comes to mind), but it certainly doesn't end there. I have seen friends, relatives and co-workers wrinkle their noses at a new parent's name choice. I have even seen a well-known and well-respected member of the online parenting community making fun of a brood of siblings' nature-inspired monikers.

It's not cool. Stop it.

If we forget about the fact that what somebody else names their child is truly not any of our concern, we could still argue that every child is unique, so why shouldn't their name be as well?

For kids, popular or conventional is not always better. Let's ask the 50 gazillion Jennifers born in the 1970s if they thought it was so awesome to be known as Jen S.5 throughout their school years.

I've heard adults justify their smug judgment with comments like, "That's a lot to saddle a kid with" or "he's going to hate his parents for giving him that name." Maybe that's true, but I hope little Oake and her brother Thalon will grow up in a more open-minded environment, where acceptance of something as basic as their name will not be a consideration to fight for.

Ginger-lemon marinade holds secret to tasty chicken

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

These Chicken Kabobs with Ginger-Lemon Marinade are an easy summertime recipe for the barbecue.

Change up the colour of the bell peppers and feel free to substitute peaches or plums for the pineapple. Fresh fruit is always preferred.

Serve the kabobs over rice, couscous or quinoa.

1. Ginger-Lemon Marinade: In bowl, combine lemon juice, water, vegetable oil, sesame oil, vinegar, brown sugar, ginger, coriander, and fennel seeds (if using); mix well. Add chicken and mix; marinate 20 minutes.

2. Alternately thread chicken cubes, green pepper, pineapple and tomatoes onto 4 long or 8 short barbecue skewers. Barbecue for 15 to 20 minutes or just until chicken is no longer pink inside, brushing often with marinade and rotating every 5 minutes.

This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

ROSE REISMAN BRINGS HOME LIGHT COOKING BY ROSE REISMAN (MCM BOOKS)

Ingredients

- 8 oz boneless skinless chicken breasts, cut into 2-inch(5 cm) cubes
- 16 squares sweet green pepper
- 16 pineapple chunks (fresh or canned)
- 16 cherry tomatoes

Ginger-Lemon Marinade

- 3 tbsp lemon juice
- 2 tbsp water
- 1 tbsp vegetable oil
- 2 tsp sesame oil
- 1 1/2 tsp balsamic vinegar
- 4 tsp brown sugar
- 1 tsp minced ginger root (or 1/4 tsp ground)
- 1/2 tsp ground coriander
- 1/2 tsp ground fennel seeds (optional)

Healthy eating

Choose it and lose it

ROSE REISMAN
rosereisman.com

There's nothing better than cooling off with an ice cream on a hot summer day. If you're stocking up the freezer with these cold treats, watch the calories, fat and sugar content.

Haagen Dazs Caramel Almond Crunch bar

320 calories/21 g fat/21 g sugar
This addictive dessert will cost you thanks to its use of cream.

Equivalent

A Haagen Dazs Caramel Almond Crunch bar is equal in fat to 26 Kraft caramels.

Breyers Vanilla Caramel Chip bar

120 calories/6 g fat /13 g sugar
This is a better treat since it contains both milk and cream, where as Haagen Dazs only has cream.

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DRAGON BLEND BLACK TEA
with NEW FLAVOURS
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How to bring some order to your inbox

Avoid mail fail. Don't let the send button take hold of your summer with these easy email tips

JULIA FURLAN
Metro World News

Feeling overwhelmed? Get some oxygen. You're still going to have to read, but you'll feel more relaxed when doing so. ISTOCK

Inbox zero might as well be the lost city of Atlantis for most people. Between work and personal email addresses — not even counting Facebook, Twitter, LinkedIn and other social media — it's nearly impossible to escape the constant uptick of unread messages that come in from every corner of the digital universe.

As summer gets into gear and emails pile up over coveted vacations, we checked in with life coach Stacy Kim, founder of the company LifeJunctions about how to make sure email overload doesn't take over our relaxing summers.

Tip 1: One thing at a time

Unfortunately for us — and contrary to what many of our bosses believe — there is no such thing as multi-tasking, Kim says. "There is a lot of research about how our brains don't really multitask. We don't do two things at once, we just switch back and forth really quickly," she says. All this switching between tasks is often the root of people's anxiety and stress problems. "The more you can do just one thing at a time, I think that's the number one suggestion that I give everybody," Kim says. "And I try and remember that myself," she adds, laughing. "For example, when I'm checking an email and somebody else pings me in any other format, I try not to respond until I'm done. If I do switch, I make a conscious decision to switch."

Tip 2: A few focused minutes go a long way

The email deluge can be particularly bad after taking a long weekend or a few days away from work. Kim says that to avoid stress, people should set aside a chunk of time and try to prioritize. "Go through very quickly and try to remember that when you go on vacation, you're going to come back to a lot of email. Most people understand that and understand you won't get back to them right away," Kim says. Prioritizing which emails need responses first is key to making sure they are dealt with.

"You say, 'I'm going to make a note of that' and go to the next one," she says, adding that you should aim for a chunk of focused minutes of email-checking. "When you check it, you may have to spend more time, but you're not going to check it as often," she says.

The business of breath

Inhale. Exhale. (Then do it again.)

- What many of us don't notice is that facing an email inbox stuffed with stress and anxiety can cause us to hold our breath — and that's bad news for all kinds of things, according to Kim.
- "When you have to check your email, give yourself a few huge, deep breaths from your diaphragm," Kim suggests. "Taking a moment to breathe really does help decrease your stress levels. I don't think I can stop the emails — none of us can stop them — but what we can try to do is control the responses we have to them."

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Sophomore-slump buster

MLS. Whitecaps striker Mattocks scores first goal in almost two months in win over Seattle

CAM TUCKER
cam.tucker@metronews.ca

The Whitecaps mob Darren Mattocks after his goal on Saturday against the Sounders. DARRYL DYCK/THE CANADIAN PRESS

It's the dreaded sophomore slump, and Vancouver Whitecaps striker Darren Mattocks continues to fight from its clutches.

The lightning quick Jamaican entered Saturday's Cascadia Cup derby match against the Seattle Sounders FC with two goals in 11 regular-season games, after leading the Vancouver side in goals last year.

He came into this season believing he could hit the 20-goal plateau.

A raw talent with a sometimes unorthodox style, Mattocks' confidence has taken a few hits this season. His struggles to produce goals at the same rate as a year ago combined with the rejuvenated and outstanding play of Camilo Sanvezzo has meant a reduction in playing time for Mattocks.

Perhaps he can get a boost from his lively effort against the Sounders over the weekend.

Mattocks scored Vancouver's second goal of the match, on a determined effort to win the ball and finished off with a sweet right-footed flip shot to the back of the net.

The goal came in the 79th minute, giving the Whitecaps a two-goal lead, an insurmountable cushion given how good Vancouver goalkeeper Brad Knighton was.

"It's a test of faith, I would say," said Mattocks on Saturday, following the Whitecaps' 2-0 win before a packed crowd of 22,500 at BC Place Stadium.

"I know what I'm capable of doing. That's the biggest thing. It's going to take something very dramatic for me to get my confidence (down) because I'm a really confident person. No one's ever going to take that from me."

CFL. Lions reward O-line after strong outing vs. Argos

The game ball: It's an acknowledgement of individual or small group success in the renowned team sport of football. Redeeming.

On Thursday, this distinction went to the B.C. Lions' offensive line, for its strong performance against Toronto, a big improvement on the Week 1 loss to the Calgary Stampeders.

The Lions dominated the Argonauts for most of their 24-16 win at BC Place Stadium.

Quarterback Travis Lulay completed 20 of 34 passes for 249 yards, while running back Andrew Harris chewed up 103 yards on the ground in 15 attempts rushing the ball.

"I thought that was huge for them," said Lulay.

"They knew that eyes were on them. They didn't feel great about the Week 1 performance, none of us did. But for those guys to bounce back and play the way they did, I thought was huge."

Particularly good on Thursday were Matt Norman and Kirby Fabien, two members of the Lions' 2012 draft class.

Norman was in just his second CFL regular-season game at centre. Fabien was also seeing his second CFL regular-season action.

But their showing against the Argos has given the players on offence and the coaching staff a renewed confidence.

"Those guys are growing every single snap, every single day," said Benevides.

"When the rest of the (team) sees that and commends them, that's something to be said when they give them the game ball."

CAM TUCKER/METRO

QB approved

"For those guys to bounce back and play the way they did, I thought was huge."
Lions quarterback Travis Lulay, on his offensive line.

Great Scot

Murray ends British drought at All England Club

From the lawns of Wimbledon to the lochs of Scotland, all of Britain can celebrate.

Andy Murray made it possible Sunday, winning the hallowed tennis tournament to become the first British man in 77 years to raise the trophy at the All England Club.

Murray's 6-4, 7-5, 6-4 victory over top-seeded Novak Djokovic was a fitting close to nearly eight decades of British frustration in its own backyard: A straight-setter, but a hard-fought, three-hour, nine-minute affair filled with long, punishing rallies and a final game that may have felt like another 77 years, with Murray squandering three match points before putting it away. THE ASSOCIATED PRESS

NHL

Canucks bring in Pelletier from Swiss League

The Vancouver Canucks have signed left-winger Pascal Pelletier, the club announced Sunday.

The 30-year-old played in 46 games last season with Langnau of the Swiss League where he had 19 goals and 35 points with 76 penalty minutes.

The five-foot-11, 190-pound forward has played in 13 career NHL games with Chicago and Boston. THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Few people have the guts to challenge you directly, which is why you must be on your guard for rivals who use underhand methods.

♉ Taurus
April 21 - May 21
You should be aiming high now and looking to make a name for yourself. Whatever field of endeavor you work in you have what it takes to reach the top.

♊ Gemini
May 22 - June 21
Steer clear of people who talk nicely to you in public then say bad things about you behind your back. You know who they are and you know why they act the way they do. It's because they envy you, with good reason.

♋ Cancer
June 22 - July 23
Today's new moon in your sign, combined with Saturn moving in your favor too, empowers you to be whoever you want to be and do whatever you want to do.

♌ Leo
July 24 - Aug. 23
Common sense should tell you that certain opinions are best kept to yourself – and if common sense doesn't then the planets certainly do! Not everyone is ready to hear the truth, at least not from someone as outspoken as you.

♍ Virgo
Aug. 24 - Sept. 23
This is a time of great opportunity, so make the most of it and don't waste a single second on trivial matters or trivial people.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of authority will be full of themselves today but you may find it hard to share in their high spirits. That's a shame because, if you make nice, they will make an effort to boost your career.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn turns direct in your birth sign today. What does that mean in plain and simple language? It means you can no longer lie to yourself about a problem of some sort.

♐ Sagittarius
Nov. 23 - Dec. 21
You are trying too hard to get something done. Today's influences urge you to slow down and not be quite so serious about your ambitions.

♑ Capricorn
Dec. 22 - Jan. 20
You need to get your ego out of the way and be less judgmental, both of other people and of yourself. Today's new moon will help you look at those around you with a more forgiving eye. Look in the mirror too.

♒ Aquarius
Jan. 21 - Feb. 19
Go out of your way to be nice to people today. You can do it if you try!

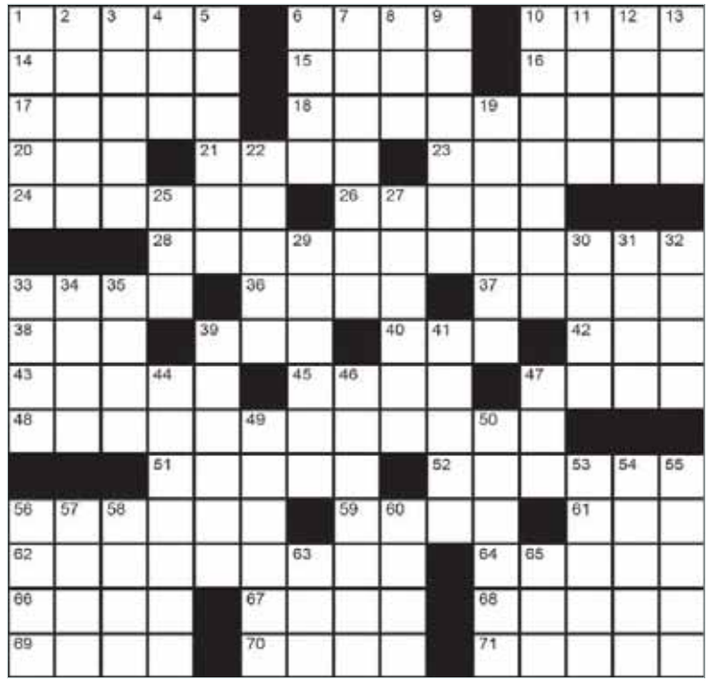
♓ Pisces
Feb. 20 - March 20
Today's new moon falls in the most creative area of your chart, so make sure you do something dynamic and decisive. Don't worry if you are short on experience or money – what you need the universe will provide.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



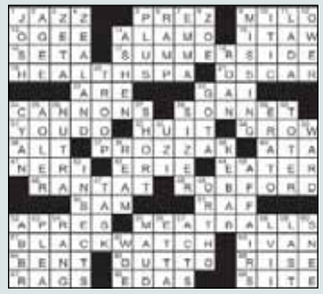
Across

1. "Canada AM" health expert, Dr. __ Shapiro
6. Isaac's elder son
10. Mr. Jackson
14. As sturdy as __ __
15. Skim
16. Paths, for short
17. Manitoba town with Icelandic heritage
18. City of Light dwellers
20. Give ___ whirl
21. "Dial _ __ Murder" (1954)
23. Executive's plane
24. Melon type
26. Pilot's button
28. Bicycle†race on now: 3 wds.
33. Ms. Sweetnam, singer/songwriter from Bolton, ON
36. Van __, California
37. Vast, to a poet
38. "Falcon Crest" actress, __ Alicia
39. Diet soft drink
40. Final [abbr.]
42. Total
43. Salon's makeover component, commonly: 2 wds.
45. __-water advisory
47. Curds and __
48. Establishment in a 19th-century town: 2 wds.
51. Music __
52. Gives way
56. Chum
59. Seinfeld-ian phrase, when repeated
61. On, as a candle
62. The Halifax __ (Devastation in 1917)
64. Grassy plain
66. Prefix meaning 'Middle'
67. "_ ___ It Bad": Tune by Usher
68. Egg __ (Kitchen gadget)
69. Business person's "Fast!"
70. Succeed in school
71. The States: __ Mountains

Down

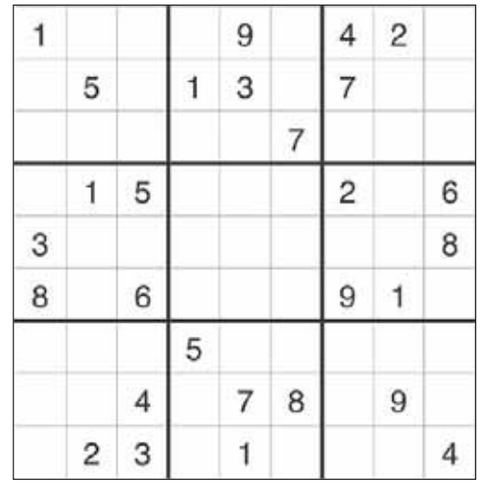
1. Wizardry
2. Singer Ms. Baker
3. Actress Ms. Downey's
4. West Coast NBA team, on scoreboards
5. 1984 Kim Mitchell album: '__ Alogo'
6. Hockey great Phil, to fans
7. __-cat
8. Swiss river, variantly
9. Intl. relief agency for kids
10. Opera, __ und Isolde
11. "Take __ __ a sign."
12. Nashville, __.
13. Mount of Greece
19. Clandestine
22. Region's animal life
25. Consumed
27. __ missionary (Gig for Jean de Brebeuf, b.1593 - d.1649)
29. Barney or Betty
30. Snack
31. Rock's Motley __
32. TV award
33. Performed a ballad
34. __ socks
35. "Boring."
39. 2006 Winter Olympics locale
41. Andrew __ Webber
44. Evolve
46. Town in BC near the Washington State border
47. Bitty
49. Makes sense: 2 wds.
50. Commercial area of Venice
53. Camel-like creature
54. Vintage-style eatery
55. Baby deliverer
56. US disasters responder
57. Prescriptions, commonly
58. Res __ loquitur (Negligence standard in law)
60. Sidewalk bugs
63. Lettered grocery store
65. Hollywood legend Ms. Taylor, to fans

Friday's Crossword

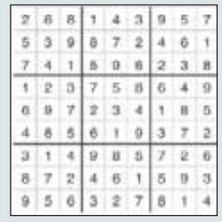


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku



Today
24°/17°
Sunny

Tuesday
23°/15°
Sunny

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